

IBEW 595 EAP

<https://www.liveandworkwell.com/content/en/member.html>
CODE: IBEW595

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Welcome IBEW Local 595 Health & Welfare Trust Members!

Get help with stress, mental health, substance use and more.



What can your EAP do for you?

A lot! Find out how to take advantage of your Employee Assistance Program (EAP) benefits. Learn how to get no-cost counseling visits.

[Go to EAP benefits](#)

1-877-22-LABOR (1-877-225-2267)

24 hours a day / 7 days a week



Recovery is possible

Learn more about substance use recovery and how you can get support for you and your family.

[Get recovery support](#)

Kaiser Permanente Members

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health/tools-resources/digital>



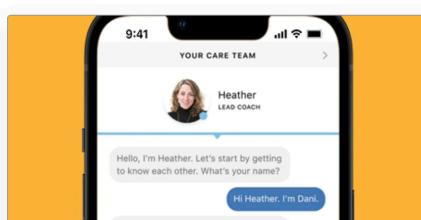
NO ADDITIONAL COST TO MEMBERS

Calm

The number one app for sleep and meditation — designed to help lower stress, anxiety, and more.

- More than 100 guided meditations
- Sleep Stories for deeper, more restful sleep
- Exclusive music tracks for focus, relaxation, and sleep

[Get Calm](#)



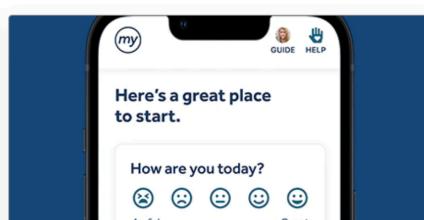
NO ADDITIONAL COST TO MEMBERS

Ginger

Text one-on-one with an emotional support coach anytime, anywhere. Support is just a text message away.

- 24/7 text-based emotional support coaching
- Discuss goals, share challenges, and create an action plan with your coach
- Self-care resources recommended for your needs

[Get Ginger](#)



NO ADDITIONAL COST TO MEMBERS

myStrength

Build a personalized plan to strengthen your emotional health whenever, wherever you need to.

- A personalized support plan
- Tools to manage stress, depression, sleep, and more
- Hundreds of activities, articles, and videos

[Get myStrength](#)

LOCAL ALAMEDA COUNTY RESOURCES

211 Alameda County -

Service Locator: <https://211alamedacounty.org/>

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES (ACBHCS)

County agency overseeing mental health and substance use programs in the county of Alameda. Also contracts with community-based organizations to provide...

Oakland California , United States , 94606

510-567-8100 | <http://www.acbhcs.org/>

Outpatient Counseling Program LA FAMILIA COUNSELING SERVICE

Offers individual and family therapy for children and teens with full scope Medi-Cal.

Provides residents of Central and Southern Alameda County with: ...

United States

510-881-5921 | livelafamilia.org/

Alameda County -- Mental Health & Substance Abuse Services

<https://www.alamedaca.gov/RESIDENTS/Information-for-Residents/Who-to-call>

Mental Health & Substance Abuse Available 24/7 (all day, every day):

- Crisis Support Services hotline: 800-309-2131
- National suicide prevention lifeline: 800-273-TALK (8255)
- Mental health warmline: 855-845-7415
- LGBTQ Trevor Project lifeline: 866-488-7386, or text "START" to 678-678
- Mental health and substance abuse helpline, treatment referral, and information: 800-622-HELP (4357)
- Disaster distress helpline: 800-985-5990
- California youth crisis line: 800-845-5200, or text "Safe" to 20121 (texts are evening hours only, 4-11pm)
- Parenting stress helpline: 800-829-3777
- East Bay Alcoholics Anonymous hotline: 510-839-8900
- Narcotics Anonymous Alameda County helpline: 510-444-HOPE (4673), Press 3
- Magnolia Women's Drug Treatment: 510-547-1531

Services with limited hours:

- Ongoing mental health and substance abuse services: 800-491-9099 (M-F, 8:30-5)
- Mental illness helpline: 800-950-NAMI (6264) (M-F, 10am-8pm ET)
- County substance use helpline: 844-682-7215 (M-F, 8am-9pm)
- Alameda Family Services support center: 510-459-6134
- Alameda Family Services behavioral health care clinic/emotional support warm line: 510-629-6210

Alameda Homeless Hotline

The Homeless Hotline is a central phone line for people experiencing homelessness, at risk of homelessness, local businesses, and Alameda residents to call for assistance and support: 510-522-HOME (4663): 9-5 M-F, after hours call 211

Violence & Abuse

Available 24/7 (all day, every day):

National domestic violence hotline: 800-799-SAFE (7233) or 800-787-3224 (TTY)

Crisis line: 866-A-WAY-OUT (866-292-9688)

A safe place emergency phone line for domestic violence: 510-536-7233

Bay Area sexual violence hotline: 510-845-7273

National sexual assault hotline: 800-656-4673

Child abuse crisis and counseling like with support to parents and families:

415-441-5437

County hotline to report child abuse or neglect: 510-259-1800

Older adult, elder abuse and neglect response line: 510-577-3500 or 866-CALL-APS